EL CENTRAL HISPANIC NEWS

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COMMUNITY

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SPORTS

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Los habitantes del suroeste de Detroit exigen una ordenanza del tráfico pesado

Los funcionarios de la ciudad les responden que necesitan "otro estudio"

Tomado de Planet Detroit. Escrito por Brian Allnut

Después de una reunión comunitaria, donde se discutió sobre el tráfico pesado que circula en el suroeste de Detroit, Thomasenia Weston observó durante un tiempo, que la policía multaba a los camioneros que usaban su calle después de las 7 p.m. sin embargo, asegura que la aplicación de la ley ha sido mínima y los conductores reanudaron rápidamente sus prácticas.

Los camioneros usan la av. Livernois para acceder a la I-75, evitando un difícil giro a la izquierda desde la c. Vernor. Weston opina que deberían usar rutas alternativas de manera consistente. Los esfuerzos para aprobar una ordenanza de rutas de camiones están a la espera de otro estudio por parte de la ciudad.

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Southwest Detroiters want a truck route ordinance now

City officials tell them to wait on 'another study'

Reprinted from Planet Detroit. Written by Brian Allnutt

After a community meeting about trucking in Southwest Detroit, Thomasenia Weston saw police ticketing trucks using her street after 7 p.m. However, she observed that enforcement was minimal, and trucks quickly resumed their usual activities.

Trucks use Livernois to access I-75, avoiding a difficult left turn from Vernor onto Livernois. Weston believes they should use alternative routes consistently. Efforts to pass a truck route ordinance are on hold pending another city study.

At the March 20 LIvernois2Clark Block Club meeting, residents discussed truck idling, dirt, dust, and lack of community input. Amanda Holiday encouraged using the Improve Detroit app to report trucking issues. Sam Krassenstein, city infrastructure chief, said problems would be addressed after completing a citywide truck study. However, no action is guaranteed.

Residents are eager for solutions, as truck route ordinances, infrastructure changes, and zoning reforms are needed to protect them. The Gordie Howe Bridge opening in 2025 will increase truck traffic, making timely changes crucial. Simone Sagovac from the Southwest Detroit Community Benefits Coalition emphasized public health.

Photo by Rosa Maria Zamarron

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Rising Delray Film Star Daron Colbert Featured at Freep Film Festival

By Amber Ogden

Growing up in Delray, located on the river's edge in Southwest Detroit, Daron Colbert, 23, could not have imagined his life taking him on the journey he has been on. With the success of his recent acting debut in the short film Daron, Daron Colbert, which will be featured in the upcoming Freep Film Festival this weekend, Colbert is ready for stardom.

"I've always been the type of person that enjoyed being funny and entertaining for people. But after I did the first short film (Wait 'til the Wolves Make Nice), everybody told me I was a natural and looked good on camera. So I felt like I had the potential to do it. So now I'm motivated to become a bigger actor and take on big screens," Colbert says.

Daron, Daron, Colbert is directed by Detroit-based film director Kevin Steen. He too could not have imagined this journey to take him on this exhilarating ride. Walking and casually filming the neighborhood, Colbert recalls Steen filming a cat; Steen and Colbert meet for the first time. According to Steen, he knew Colbert was a natural straight away.

"Daron was a real character, an actor, living there (Delray neighborhood) and having way more experience than we could have created within a fictional story. I was drawn to the location. It seemed like an interesting story, especially with what's been happening around the Chrysler plant and the air pollution. This is a very Detroit story, something Detroiters are continuously dealing with," Steen says.

This film is a Detroit story through and through, for sure. However, it was world premiered at Switzerland's prestigious Locarno International Film Festival, where Brad Pitt's film Bullet Train opened in August of 2022. The film also won the Best Experimental Film Award this year at the Oslo Film Festival.

"That's what is interesting; the history of Delray is entirely present throughout the film. But the narrative shifts to Daron's point of view of his experience and highlights his life there. It was an area I wanted to highlight because of Zug Island, the history of pollution, and how it has displaced people," Steen says.

Colbert's recent notoriety has come with some tribulations along the way. His mother and father both worked hard to support the family. His father worked for the previous Detroit mayor Dave Bing and his mother worked for Digitron Packaging. Colbert remembers some rough financial times growing up and how the community supported him and his family.

"I have two brothers and two sisters. Three of them are older, and then it's me, and then I have one little brother. There needed to be more than the 9-5 job to make ends meet. There were a lot of us", Colbert Says. "We had it a bit rough growing up. We didn't have much. So the local fire department and hardware store helped care for us. We didn't have Christmas gifts during Christmas; the firefighters would come down, and whether it was gift cards or gifts, they would celebrate with us."

Colbert is a firm believer in "Everything happens for a reason." The first-day Colbert met Steen is the last day Colbert remembers seeing his mother alive before she passed from a drug overdose. "This film may not seem special to anyone else, but to me, it's something spiritual behind it. God removes people from your life and puts others in your life. It was a sign, and you have to pay attention to the signs.

Daron Colbert at Locarno Film Festival. Photo credit Kevin Steen

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Samaritas™ Youth Art Exhibit Hosted by: MEXICANTOWN COMMUNITY DEVELOPMENT CORPORATION

May 5 through May 12

Start Your Cinco de Mayo Weekend with Us!

While hanging out in Mexicantown to celebrate Cinco de Mayo, stop by the MexicantownCDC Gallery to view the extraordinary works of art created by Samaritas Refugee Youth program participants.

The 50+ pieces in this free exhibit feature original art created by young Latino Refugees. While enjoying this self-guided tour, look for the pieces that illustrate the artists' journey to the United States and their experiences of being here.

Samaritas has helped refugees of all ages safely resettle in Michigan for nearly 90 years. Volunteers and community support are always needed to maintain our services.

Visit the Samaritas Refugee Youth Art Show page at Samaritas.org/YouthArtShow to see past collections, volunteer, donate and learn about Samaritas services that help refugees.

About MexicantownCDC
Since 1989, MexicantownCDC has worked to preserve and celebrate Latino culture, history, and art in Southwest Detroit's Mexicantown area. Learn more about them at mexicantowncdc.org.

Mexicantown Galeria
2835 Bagley Street, Suite 600
Detroit, MI 48216
(313) 626-MCDC (6232)

Monday through Friday
From 11 a.m. to 6 p.m.
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Contact Jessica Northrup of Samaritas for more information at jnort@samaritas.org.

Shop With Purpose!

Browse our online Youth Art Shop to purchase merchandise decorated with art pieces created by our young refugee clients. Proceeds will support Samaritas New American programs.

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Samaritas™ Youth Art Exhibit Hosted by: MEXICANTOWN COMMUNITY DEVELOPMENT CORPORATION

Del 5 al 12 de mayo, 2023

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Mientras está Mexicantown para celebrar el Cinco de Mayo, visite la Galería de MexicantownCDC para ver las extraordinarias obras de arte creadas por los refugiados del programa Jóvenes Refugiados de Samaritas.

Las más de 50 piezas de esta exhibición gratuita son arte original creado por jóvenes refugiados latinos. Mientras disfruta de este recorrido autoguiado, observe las piezas que ilustran el viaje de los artistas a los Estados Unidos y sus experiencias de estar aquí.

Samaritas ha ayudado a refugiados de todas las edades a reasentarse de manera segura en Michigan durante casi 90 años. Siempre se necesitan voluntarios y el apoyo de la comunidad para mantener nuestros servicios.

Visite la página de Samaritas Refugee Youth Art Show en Samaritas.org/YouthArtShow para ver colecciones pasadas, para ser voluntario, donar y aprender sobre los servicios de Samaritas que ayudan a los refugiados.

Acerca de MexicantownCDC
Desde 1989, MexicantownCDC ha trabajado para preservar y celebrar la cultura y la historia latina, y el arte latino en el área de Mexicantown en el suroeste de Detroit. Conoce más sobre ellos en mexicantowncdc.org.

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Jessica Northrup of Samaritas para más información al tjnort@samaritas.org.

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Explore nuestra tienda en internet de arte por jóvenes para comprar productos decorados con piezas de arte creadas por nuestros clientes refugiados jóvenes. Las ganancias apoyarán los programas New American de Samaritas.

Pósteres, tazas, bolsos, calcetines y más están disponibles en Samaritas.com

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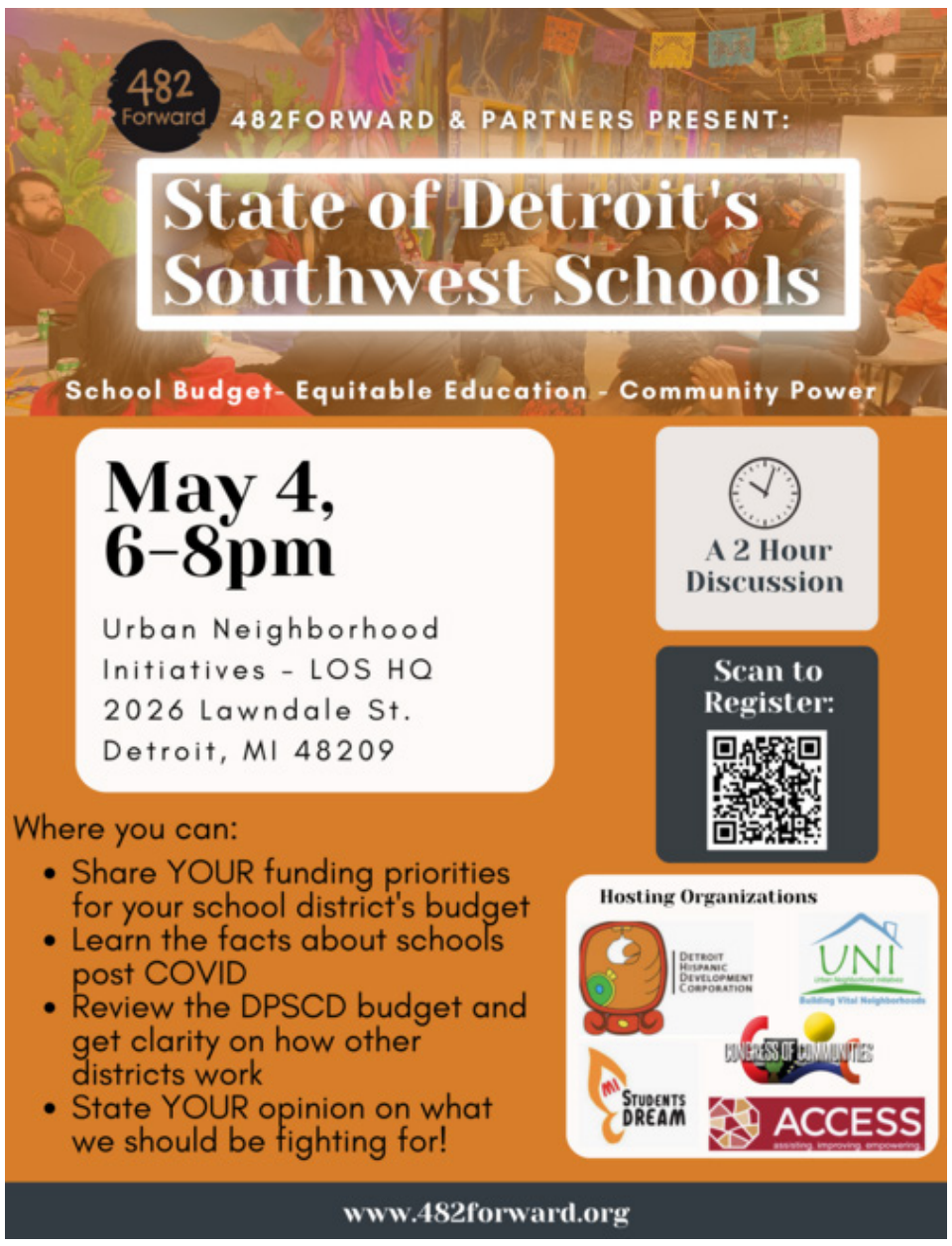

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Truck route ordinance

Con't from pg. 1

Diesel exhaust and noise pollution from trucks have serious health consequences. Researchers say noise can contribute to sleep problems, stress, poor cognitive performance, and high blood pressure, leading to coronary artery disease and heart attacks. Heavy vehicles also create safety issues, like property damage and potential destruction of sewer infrastructure. Residents are demanding action to mitigate these problems.

"The trucks need to be off the streets," Simone Sagovac, project director for the Southwest Detroit Community Benefits Coalition, said. "It's very clear from a public health standpoint."

'We need solutions'

Andrew Bashi, staff attorney at the Great Lakes Environmental Law Center, criticized Detroit's lack of a truck route ordinance like other Michigan cities. He expressed frustration with the need for more studies instead of solutions, as residents face health issues daily.

A 2021 study by Giffels Webster suggested routing changes, but Sagovac and Bashi found shortcomings, including insufficient resident input.

"It's really frustrating for residents to be continuously told…we need another study," he said. "No, actually, we need solutions because people are breathing this stuff in every day, and their kids have asthma."

Bashi worked on a Southwest Detroit-focused ordinance with former Councilmember Castañeda López, which wasn't introduced due to the Law Department's objections. Bashi called the reasoning "nonsense" and viewed it as interference with Council's law-making powers. The Detroit Department of Public Works could make changes, but Bashi fears they may not address neighborhood concerns.

Bashi also expressed concern about political interests influencing a city-initiated solution. Thomas Rogers, communications and engagement manager for Councilmember Gabriela Santiago-Romero, whose district includes Southwest, told Planet Detroit that the council member hadn't yet introduced an ordinance but plans to move forward with one.

However, he said this will be a lengthy process involving consultants and data collection.

Infrastructure, zoning, and a future with more trucks

Enforcement of potential truck routes is a concern. Sagovac suggests infrastructure like bump-outs and traffic calming circles to deter heavy vehicles. The city is taking measures like installing signs and traffic cameras, and exploring legal options for the intermodal freight terminal entrance.

However, changing traffic patterns could increase heavy vehicles on some streets. Sagovac urges mitigating environmental impacts, including providing new windows and air filtration systems, and relocating some residents.

Zoning is another priority. Garcia recommends specific zoning for trucking operations to address their impacts. The city's Planning Commission is working on updating zoning, and the Planning and Development Department discussed requiring buffers around certain industrial uses.

With new trucking facilities and Amazon's fulfillment center, vehicle numbers may increase.

Sagovac said planning is needed to ensure trucking operations don't harm neighborhoods without protection. "We need a plan," she said.

Ordenanza del tráfico pesado

Con't de pg. 1

En la reunión del LIvernois2Clark Block Club del 20 de marzo, los residentes hablaron sobre el ralentí de los camiones (camiones que se estacionan con el motor encendido), la suciedad, el polvo y la falta de participación comunitaria. Amanda Holiday alentó a usar la aplicación Improve Detroit, para informar sobre los problemas de la ciudad. Sam Krassenstein, jefe de infraestructura de la ciudad, comunicó que los problemas se abordarían después de completar un estudio sobre tráfico pesado en toda la ciudad, sin embargo, ninguna acción está garantizada.

Los residentes necesitan encontrar una solución inmediata para la ordenanza de las rutas del tráfico pesado, infraestructura y reformas de zonificación. La apertura del puente Gordie Howe en 2025 aumentará el tráfico de camiones, lo que hará que los cambios inmediatos sean cruciales. Simone Sagovac de la Coalición de Beneficios Comunitarios del Suroeste de Detroit enfatizó en la salud pública.

El humo y la contaminación acústica por parte de los camiones, tienen graves consecuencias para la salud. Los investigadores afirman que el ruido puede contribuir a problemas de sueño, estrés, bajo rendimiento cognitivo y presión arterial alta, lo que puede llevar a enfermedades en las arterias coronarias y ataques cardíacos. Los vehículos pesados también crean problemas de seguridad, como daños a la propiedad y potencial destrucción de la infraestructura de alcantarillados, razones suficientes para exigir acciones para mitigar estos problemas.

"Los camiones deberían estar fuera de las calles residenciales… está claro desde el punto de vista de salud Pública", expresó Simone Sagovac, directora de proyectos de la Coalición de Beneficios Comunitarios del Suroeste de Detroit.

Necesitamos soluciones

Andrew Bashi, abogado del Centro de Derecho Ambiental de los Grandes Lagos, criticó la falta de una ordenanza de tráfico pesado en Detroit y en otras ciudades de Michigan, manifestando su frustración ante la necesidad de más estudios por parte de la ciudad, en lugar de soluciones, pues la población enfrenta problemas de salud a diario.

Un estudio de 2021 realizado por el equipo de planificación urbana de Giffels Webster sugirió cambios de ruta, pero Sagovac y Bashi encontraron deficiencias.

"Es realmente frustrante para los residentes que se les diga continuamente… necesitamos otro estudio", dijo. "No, en realidad, necesitamos soluciones porque las personas respiran esto todos los días y sus hijos sufren de asma".

Bashi trabajó en una ordenanza centrada en el suroeste de Detroit con la exconcejal Castañeda López, la cual no se presentó por las objeciones del Departamento Legal; acción que Bashi calificó como una insensatez y una interferencia con los poderes legislativos del Consejo. El Departamento de Obras Públicas de Detroit podría hacer cambios, pero Bashi teme que no aborden las preocupaciones.

Bashi también expresó su inquietud por los intereses políticos que influyen en las soluciones propuestas. Thomas Rogers, Gerente de Comunicaciones y Participación del Concejo de Gabriela Santiago-Romero, cuyo distrito incluye el Suroeste de Detroit, comentó a Planet Detroit que aún no se ha presentado una ordenanza, pero se planea iniciarla, aunque será un proceso largo que involucrará consultores y recopilación de datos.

Infraestructura, zonificación y más camiones en el futuro

Sagovac sugiere una nueva infraestructura, que incorpore reductores de velocidad y redondeles para reducir la circulación de vehículos pesados. La ciudadanía está tomando medidas como instalar letreros y cámaras de tránsito y explorar opciones legales para la entrada de la carga intermodal.

Sin embargo, cambiar los patrones de tráfico podría aumentar los vehículos pesados en algunas calles. Sagovac insta a mitigar los impactos ambientales, incluida la provisión de nuevas ventanas y sistemas de filtración de aire, y la reubicación de algunos residentes.

La zonificación es otra prioridad. García recomienda una zonificación específica para las operaciones de los camiones. La Comisión de Planificación de la ciudad está trabajando en la actualización de la zonificación, y el Departamento de Planificación y Desarrollo discutió la necesidad de zonas de amortiguamiento en torno a ciertos usos industriales.

Con las nuevas instalaciones de camiones y el centro logístico de Amazon, el número de vehículos puede aumentar.

Sagovac expresó que se necesita planificación para garantizar los camiones no dañen a los vecindarios sin protección. "Necesitamos un plan", dijo.

Traducción por Carmen Luna

Film Star Daron Colbert

Con't from pg. 1

Since I met Kevin, my life has been up since then," Colbert says.

Colbert says he is excited to take on more roles. But, he is most looking forward to being in the room to meet with the directors, filmmakers, other actors, and actresses at film receptions and afterparties as he continues to elevate to stardom.

This Saturday, April 29, at the Detroit Institute of Arts, showing in the Detroit Film Theatre Daron, Daron Colbert will debut with 'Shorts Program #1: Creative Types,' followed by a talk with the directors. For ticket information, visit: freepfilmfestival.com/festival-ticketing/or call 313-222-2072.

Amber Ogden is a freelance writer born and raised in Detroit. She has published work in publications such as Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art and eating her way through the city in her free time.

Mental Health Ambassadors Celebrate 20 Years!

They've been talking about mental health for 20 years and now this dynamic group of youth ambassadors is celebrating in a big way!

"We are so proud of the work that has been done over the years with our Youth United (YU) team," said Detroit Wayne Integrated Health Network's (DWIHN) President/CEO Eric Doeh. "This group of young people continues to advocate for youth voice to be heard in the communities where real change can take place. We are proud to celebrate with them."

To celebrate YU's 20th anniversary year, the team is finalizing details of its biggest event of the year on Saturday, May 6th from 11 am to 4pm at Say Detroit Play. This event is on Children's Mental Health Awareness Day in recognition of May as Mental Health Awareness month.

The event will be carnival-themed and include all kinds of fun including a gaming truck, food, DJ and photo booth, games, magic shows and a panel discussion moderated by Randi Rossario, social media influencer about how young people can find help in their communities if they're struggling with mental health or substance use issues.

"This is an opportunity for youth to have fun and also understand the importance of learning information about mental health and substance use so they know where the help is in their neighborhoods. No one is immune to mental health concern and our young people are struggling more than ever. We have to support them," said Doeh.

Other YU anniversary events include

• Summer Youth Resource Fair/Bonfire; Friday, June 23rd 6pm-10pm; Umoja Village

• BBQ Bash to End Stigma; Saturday, July 22nd 1pm-4pm; Riverside Park

• Youth Spotlight Awards, September 21st location TBD-special guest Detroit Youth Choir

YU is an initiative that promotes advocacy and action among young people by using positive values and philosophy. YU is funded by the Detroit Wayne Integrated Health Network and the Wayne County System of Care.

Stay up to date on Youth United's activities by following them on social media. You can find YU on Facebook: Youth United, Instagram: @ wc_youthunited1, Twitter: @ wcyouthunited or visit https://www.dwihn.org/childrens-youth-united.

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Special World's Cultures

Throw back article -

Nicaragua

Legend of the Mockingbird of the Lenderí lagoon

Legend has it that long before Nicaraocalli was called Nicaragua; and the Lenderí or Masaya Lagoon has already been formed by the cry of the serpent that never died.

Many, many years ago the daughter of Cacique Necuderit was born, a beautiful girl who sang at birth, and whom he named Martli-xotchil Acal-xubj. So the time has come to deliver her in marriage; the Cacique Necuderit thinking of the young and handsome Diriangén; envisioning with marriage, preserve peace between his beloved people of Nindirí, and those who since then were called to know White Peoples.

Those in charge of the little princess's entourage invited her on a walk to the beautiful and whimsical Lenderí Lagoon. And there, on the shore of the lagoon, the beautiful little princess knew love in the black eyes of the beautiful and brave warrior named Tezic, who, perched on an immense volcanic rock, located under the roof of a majestic Genízaro tree, whistled beautiful and different melodic notes.

The little princess from that day on went down to the lagoon every morning, and secretly; She and her ladies-in-waiting spied on that boy's singing-whistling.

One afternoon, the beautiful girl couldn't take it anymore; and while Tezic swam in the deep waters of the lagoon, the little princess began to whistle, one by one, those beautiful melodies. Tezic swam quickly towards the stone, and as he climbed on it, amazed he heard the charm of his four hundred voices, in the charm of the whistle of Martli-xotchil Acal-xubj. But, to so many daily trips to Lenderí; Necuderit became suspicious, sending one of his emissaries after the princess, and her entourage. In the afternoon, the messenger returned quickly, and brought an answer, informing the Cacique of the news. The princess had fallen in love with a mere mortal!

-Impossible!, exclaimed Necuderit indignantly, -as soon as the princess returns I will speak personally with her.

But the girl danced in the square, surrounded by her people who loved her, and who noticed her happy and in love with her; the news had spread at a native pace.

-Incredible! - exclaimed the Chorotega people happily - The girl had fallen in love with a mere mortal! -Tezic! he is the lucky warrior.

Cacique Necuderit arrived at the plaza, but his anger turned into sweetness. What father that he loves, can destroy love? With wisdom, the Cacique spoke to the princess in front of the entire tribe:

-Daughter, the love of the warrior Tezic, and the little princess Martli-xotchil Acal-xubj... . It just can't be!.. . Tomorrow you will go down to Lenderí, and you will have to end the romance forever; if the rumor reaches the ears of our Diriangén; The fierce prince will come down with five hundred warriors from the White Peoples, and your suffering will be terrible for your loving heart.

The girl ran towards her Jaragua Castle, and she bitterly cried the twilight, and the rest of the holy dark night.

The next day, very early in the morning, the girl left with her entourage towards the Lenderí Lagoon; and already in the arms of her lover, he told her the wishes of her father.

Both cried embraced, inseparable, indivisible; and when they finished spilling the last drop of suffering, in unison, they began to whistle the melodies of Tezic; that intertwined like them, traveled with the notes carried by the wind, painting landscapes with the clouds, very high. And on the huge volcanic stone, before the astonished eyes of the Martli-xotchil Acal-xubj entourage, two birds raised a song, towards the leafy and immense branches of Genízaro! A male and a female! Ornaments of the Nicaraguan paradise.

And legend has it that, of all the songbirds that chirp on the face of the earth, the Zenzontle or Mockingbird is the bird of four hundred voices, the bird of love.

Indigenous Peoples of Nicaragua

The seven indigenous peoples in Nicaragua are distributed, historically and culturally, between the Pacific Coast, Central and North region, inhabited by the Chortega (221,000), Cacaopera or Matagalpa (97,500), Ocanxiu or Sutiaba (49,000) and Nahora or N.huatl (20,000) people. The Caribbean (or Atlantic) coast is home to the Miskitu (150,000), Sumu Mayangna (27,000), and Rama (2,000) peoples.

Other people who have collective rights granted by the Nicaraguan Constitution (1987) are people of African descent, referred to as an "Ethnic Community" in national legislation. These include the Criollos or Kriol (43,000) and the Garífunas (2,500).

Región Costa Caribe

- Creoles
- Garífunas
- Miskitos
- Rama
- Sumos o Mayagnas

Región Pacífico

- Náhuatl
- Chorotegas
- Sutiavas u Hokan Sui

Región Central Norte

- Chorotegas
- Matagalpas
- Náhuatl

Fight for your goals

This was the name given to the motivational talk given by former Major League pitcher Denis Martínez, one beautiful morning on May 21, 2016, before an audience of young people who gathered at the National Autonomous University of Nicaragua (UNAN) based in Managua. He urged them to fight to "become the best" in any activity they undertake, this is always accompanied by "sacrifice and dedication", then he left them the task of "dreaming big" and to illustrate these three important aspects, he exemplified with several anecdotes about his life.

My family is of humble origin dedicated to field work, however, I had the opportunity to attend UNAN-Managua for a semester, there I got the opportunity to play professional baseball in the United States, and I did not reject it. I started my training in the Minor Leagues, the managers made it clear to us that of all of us at that time, only two or three of us would make it to the Major Leagues, I was hungry to succeed and I declared that I would be one of them, and... like that! was!"

He continued with his experiences talking about "how our existence undergoes many changes and how we must be aware to overcome the challenges that come our way. At a certain stage in my life, I had problems with alcoholism and managed to overcome this bad habit, when I reflected and I showed myself determined to make a transformation based on faith (in the Almighty), conviction and courage".

To conclude his participation, he urged the boys to maintain good family communication and above all take advantage of the opportunity to study, because education is above all things.

His achievements in Major League Baseball are eloquent, they threw a perfect game on July 28, 1991, a feat that only twenty pitchers have achieved in more than one hundred years. He is ranked among the best pitchers of all time (243 victories in 23 years), above other great pitchers such as Whitey Ford (236), Luis Tiant (229, Catfish Hunter (224), among others. As a climax we will add that he shares his fortune with those most in need through a foundation that bears his name and is dedicated to helping poor children around the world.

Roberto Ayón

Recipe: Nicaraguan Cheese Soup

Ingredients:

Flour or corn dough, cheese, eggs, salt, oil, onion, garlic, chiltoma (sweet chili), a little sour orange juice, achiote.

Preparation:

Half a bag of corn dough that they sell in supermarkets. To this mass we add half a kilo of ground dry cheese.

The amount of cheese is to taste, the more cheese it has, the better. If you can't get dry cheese you can use fresh cheese, or any cheese.

In addition to the cheese add 4 eggs, achiote and water. Mix well and add little by little more water until you get a dough that is neither too soft nor too hard, but with enough consistency to make the cake or donut according to your taste.

Put to fry the cakes or donuts in oil.

In a good-sized pot, dissolve a part of the dough with which you made the cakes and put it on the fire with the onion, garlic, sweet chili and taking care to stir constantly so that the dough dissolves well and does not stick to the bottom of the pan. pot.

You can add cream (Custard) or a little butter and sour orange juice. It is important that you try the point of salt because if it is too simple this soup does not taste good. When the soup is hot, add the cakes.

When the soup is boiling, add two eggs and stir to break until cooked through.

This soup tastes good if it is accompanied with cooked green plantain or square banana.

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ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

ESPECIAL CULTURAS DEL MUNDO

Throw back article -

Nicaragua

Leyenda del Zenzontle de la laguna de Lenderí

Cuenta la leyenda, que mucho antes que a Nicaraocalli se le llamara Nicaragua; y ya formada la Laguna de Lenderí o Masaya por el llanto de la serpiente que nunca murió.

Hace muchos, muchísimos años nació la hija del Cacique Necuderit, una bella niña que cantó al nacer, y a la que llamó Martli-xotchil Acal-xubj.

Llegó pues el tiempo de entregarla en matrimonio; pensando el Cacique Necuderit en el joven y apuesto Diriangén; avizorando con el matrimonio, preservar la paz entre su amado pueblo de Nindirí, y los que desde entonces eran llamados a saber Pueblos Blancos.

Las encargadas del séquito de la princesita, la invitaron a un paseo hacia la bella y caprichosa Laguna de Lenderí.

Y allí, a la orilla de la laguna, la bella princesita conoció el amor en los negros ojos del hermoso y valiente guerrero de nombre Tezic, quién, subido en una inmensa roca volcánica, situada bajo la techumbre de un majestuoso árbol de Genízaro, silbaba bellas y diferentes notas melódicas.

La princesita desde ese día bajó todas las mañanas a la laguna, y a escondidas; ella y sus damas de compañía, espiaban el canto-silbar de aquel muchacho.

Una tarde, la bella niña no pudo aguantar más; y mientras nadaba Tezic en las profundas aguas de la laguna, la princesita empezó a silbar, una a una, aquellas bellas melodías.

Tezic nadó veloz hacia la piedra, y al subir en ella, asombrado escuchó el encanto de sus cuatrocientas voces, en el encanto del silbido de Martli-xotchil Acal-xubj.

Mas, a tantos diarios viajes a Lenderí; Necuderit entró en sospechas, enviando a uno de sus emisarios tras la princesa, y su comitiva. Por la tarde, el mensajero regreso veloz, y trajo respuesta, poniendo al tanto de las nuevas al Cacique. ¡La princesa se había enamorado de un simple mortal!

-¡Imposible!, exclamó indignado Necuderit, -en cuanto regrese la princesa hablaré personalmente con ella.

Mas la niña bailaba en la plaza, rodeada del pueblo que la amaba, y que la notaba feliz y enamorada; la noticia se había regado a paso de nativo.

-¡Increíble! -exclamó feliz el pueblo chorotega- ¡La niña se había enamorado de un simple mortal! -¡Tezic! es el guerrero afortunado.

El Cacique Necuderit llegó a la plaza, mas su enojo se transformó en dulzura. ¿Qué padre que ama, puede destruir el amor? Con sabiduría, el Cacique habló a la princesa delante toda la tribu:

-Hija, el amor del guerrero Tezic, y la princesita Martli-xotchil Acal-xubj... . ¡No puede ser!.. . Mañana bajarás a Lenderí, y deberás terminar el romance para siempre; si el rumor llega a oídos de nuestro Diriangén; bajará el fiero príncipe con quinientos guerreros de los Pueblos Blancos, y tu sufrir será terrible para tu corazón enamorado.

La niña corrió hacia su Castillo de Jaragua, y amargamente lloró el crepúsculo, y el resto de la santa noche oscura.

Al día siguiente, muy de mañana, salió la niña con su comitiva hacia la Laguna de Lenderí; y ya en brazos de su amado le contó los deseos de su padre.

Ambos lloraron abrazados, inseparables, indivisibles; y cuando terminaron de derramar la última gota de sufrimiento, al unísono, empezaron a silbar las melodías de Tezic; que entrelazadas como ellos, viajaron con las notas llevadas por el viento, pintando paisajes con las nubes, muy alto. Y sobre la enorme piedra volcánica, delante los ojos atónitos de la comitiva de Martli-xotchil Acal-xubj, dos pájaros levantaron un canto, hacia las frondosas e inmensas ramas de Genízaro! ¡Un macho y una hembra! Adornos del paraíso nicaragüense.

Y cuenta la leyenda qué, de todos los pájaros cantores que trinan sobre la faz de la tierra el Zenzontle es el pájaro de las cuatrocientas voces, pájaro del amor.

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

Pueblos Indígenas de Nicaragua

Los siete pueblos indígenas en Nicaragua están distribuidos, histórica y culturalmente entre la Costa Pacífica, Central y región Norte, habitada por la Chortega (221,000), Cacaopera o Matagalpa (97,500), Ocanxiu or Sutiaba (49,000) y Nahora o N.huatl (20,000) personas. La costa Caribe (o Atlantlic) es la casa de los pueblos Miskitu (150,000), Sumu Mayangna (27,000) y Rama (2,000).

Otras personas que tienen derechos colectivos otorgados por la Constitución de Nicaragua (1987) son los afro-descendientes, referidos como un "Comunidad Étnica" en la legislación nacional. Estos comprenden los Criollos o Kriol (43,000) y los Garífunas (2500).

Región Costa Caribe

Creoles
Garífunas
Miskitos
Rama
Sumos o Mayagnas

Región Pacífico

Náhuatl
Chorotegas
Sutiavas u Hokan
Sui

Región Central Norte

Chorotegas
Matagalpas
Náhuatl

Lucha por tus metas

Así se denominó la charla motivacional que impartió el exlanzador Ligamayorista Denis Martínez, una hermosa mañana del 21 de mayo de 2016, ante un auditorio de jóvenes que se congregó en la Universidad Nacional Autónoma de Nicaragua (UNAN) con sede en Managua. Les instó a luchar por "llegar a ser los mejores" en cualquier actividad que emprendan, esto va siempre acompañado de "sacrificio y dedicación", luego les dejó la tarea de "soñar en grande" y para ilustrar estos tres importantes aspectos, ejemplificó con su vida varias anécdotas: "mi familia es de origen humilde dedicada a los trabajos del campo, sin embargo, tuve la oportunidad de ingresar un semestre en la UNAN-Managua, ahí me llegó la oportunidad de jugar beisbol profesional en los Estados Unidos, y no la rechacé. Inicié mis entrenamientos en las Ligas Menores, los directivos nos aclararon que de todos los que estábamos en ese momento, únicamente llegaríamos a las Ligas Mayores, dos o tres, **yo llevaba hambre de triunfar y declaré que sería uno de ellos, y… ¡ así fue !"**

Continuó con sus vivencias hablándoles de "cómo nuestra existencia da muchos cambios y cómo debemos tener conciencia para superar los retos que se nos presentan, en un cierta etapa de mi vida, tuve problemas de alcoholismo y logré superar este mal hábito, cuando reflexioné y me mostré decidido a hacer una transformación a base de fe, convicción y valentía".

Para concluir su participación, exhortó a los muchachos a mantener una buena comunicación familiar y sobre todo aprovechar la oportunidad de estudiar, porque la educación está sobre todas las cosas.

Sus logros en el beisbol de Ligas Mayores, son elocuentes, lanzó un juego perfecto el día 28 de julio de 1991, hazaña que solamente una veintena de lanzadores han logrado en más de cien años. Está ubicado entre los mejores lanzadores de todos los tiempos (243 victorias en 23 años), por encima de otros grandes lanzadores como Whitey Ford (236), Luis Tiant (229), Catfish Hunter (224), entre otros. Comparte su fortuna con los más necesitados a través de una fundación que lleva su nombre y se dedica a ayudar a los niños pobres de todo el mundo.

Roberto Ayón

Receta: Sopa de Queso Nicaragüense

Ingredientes:

Harina o masa de maíz, queso, huevos, sal, aceite, cebolla, ajo, chiltoma (Chile dulce), un poquito de jugo de naranja agria, achiote.

Modo de preparación:

Media bolsa de masa de maíz de la que venden en los supermercados. A esta masa le agregamos medio kilo de queso seco molido.

La cantidad de queso es al gusto, mientras más queso lleve, mejor. Si no consigue queso seco puede usar queso fresco, o cualquier queso.

Además del queso agregue 4 huevos, achiote y agua. Mezcle bien y vaya agregando poquito a poco más agua hasta obtener una masa que no esté ni muy suave ni muy dura, sino con la consistencia suficiente para hacer la torta o rosquilla según su gusto.

Ponga a freír las tortas o rosquillas en aceite.

En una olla de buen tamaño disuelva una parte de la masa con que elaboró las tortas y pongala al fuego con cebolla, ajo, chile dulce y con el cuidado de mover constantemente para que la masa se disuelva bien y no se pegue en el fondo de la olla.

Puede agregar crema (Natilla) o un poquito de mantequilla y el jugo de naranja agria. Es importante que pruebe el punto de sal pues si queda muy simple esta sopa no sabe bien. Cuando la sopa esté caliente agregue las tortas.

Cuando la sopa está hirviendo, agregue dos huevos y mueva para que se deshagan hasta que estén bien cocidos.

Esta sopa sabe bien si se le acompaña con plátano verde cocido o guineo cuadrado.

What's in Store for Metro Detroit Homebuyers in 2023

By: Maria Serravalle, Vice President, Homeownership Solutions and Homebuyer Education, Bank of America

Hopeful homebuyers may be feeling the whiplash of the last three years – from historically low mortgage rates to rapidly rising rates and from bidding wars to sellers pulling home listings. However, there are reasons for optimism in the year ahead.

Even the experts don't hold a crystal ball to the ins and outs of the homebuying market, but these are three broader trends metro Detroit buyers can anticipate in the year ahead:

• **Limited housing supply:** Low inventory and homes selling at a faster rate have created a challenging market for the past several years. The reality is this might not change any time soon given current market dynamics. Additionally, Bank of America's latest Homebuyer Insights Report found that 70% of homeowners ages 45 to 76 plan to or have retired in the home they already own. With more people staying in their homes while fewer are selling them, national active home listings saw a 53% decrease between July 2016 and December 2022 since Realtor.com began tracking this data.

• **A steady start to the year:** In the last several weeks of 2022, rates consistently dropped after reaching a peak of 7.08% in November 2022. The biggest mistake that potential homebuyers can make is waiting and trying to time the market. Instead, consider your personal timeline and when you're financially ready to buy.

• **Buyers hold more decision-making power:** At the height of the homebuying frenzy, there were stories of homebuyers overbidding by enormous sums or making numerous concessions. As we shift to a more balanced environment between buyers and sellers, buyers will have more time to think and negotiate – making the shopping experience more manageable.

Homebuying Strategies for 2023

The challenges and opportunities that the homebuying environment presents will require some careful planning for those looking to buy. Whether 2023 is the year you become a homeowner or purchase your second home, here are a few strategies to get you started:

• **Take advantage of digital tools:** Looking for more convenience and control over home financing? Online resources can guide you through the mortgage process from start to finish and prevent any delays in the process, whether it's checking the status of your loan or submitting required documentation electronically. They'll even provide you with a to-do list of outstanding tasks and status and details of a loan application.

• **Show sellers you can meet financial obligations:** Whether you're getting additional down payment assistance or earn a larger income, putting down a larger down payment could lower your mortgage rate. Anytime you can showcase to the seller that you're in a good financial position, you should do so, as it'll make your offer stronger.

• **Pay discount points on your mortgage:** Mortgage points, also known as discount points, are fees you pay your lender at closing for a reduced interest rate on your loan. While this might not be the right strategy for everyone, paying discount points on your mortgage could offer potential savings over the course of the loan. In general, the longer you plan to own the home, the more you'll save using points. Also determine whether you have the cash available to buy points up front.

• **Research assistance in upfront costs:** Even if a monthly mortgage payment fits into your larger financial picture, many homebuyers might still be struggling with saving for the down payment and closing costs. Recognizing cash reserves are often the biggest barrier to homeownership, Bank of America offers up to $17,500 in down payment and closing cost assistance when used together - no repayment necessary. Additionally, the Bank of America Down Payment Center helps homebuyers find state and local down payment and closing cost assistance programs in their area and the Bank of America Real Estate Center® identifies down payment and closing cost grant-eligible properties for sale across the country.

• **Take your time:** Finally, don't rush into it. Take time to improve your credit score, research lender options, and understand what you can comfortably afford before jumping in.

While buying a home today may require a bit more patience and persistence, taking the time to prepare for what's ahead, going in with the right mindset and taking advantage of the resources available to you can put you well on the path to your next home.

Maria Serravalle, Bank of America.

Cuál es el panorama para los compradores de vivienda en el área metropolitana de Detroit en 2023

Por Maria Serravalle, Vice Presidenta, Educación Financiera Y Soluciones Inmobiliarias

Es posible que aquellas personas que desean comprar vivienda estén sintiendo el impacto de los últimos tres años, desde tasas hipotecarias históricamente bajas hasta tasas en rápido aumento y desde guerras de ofertas hasta vendedores que sacan las casas del mercado. Sin embargo, hay razones para ser optimistas en el próximo año.

Si bien los expertos no pueden predecir cuáles serán los pormenores del mercado de compra de vivienda, estas son las principales tendencias que los compradores del área metropolitana de Detroit podrían anticipar para el año siguiente:

• **Inventario de Inmobiliaria Limitado:** un inventario bajo y un ritmo acelerado de la venta de casas han creado un mercado complejo en los últimos años. La realidad es que probablemente esto no cambie a corto plazo debido a la dinámica actual del mercado. Además, el último Informe del Enfoque de Comprador de Vivienda de Bank of America (solo se ofrece en inglés) apuntó que el 70% de los propietarios de vivienda de entre 45 y 76 años de edad piensa jubilarse, o ya se ha jubilado, en su propia casa. Realtor.com (solo se ofrece en inglés) comenzó a dar seguimiento a datos de personas que se quedan en su hogar y no venden su vivienda comparado a las listas de viviendas en venta a nivel nacional experimentaron una disminución del 53% (solo se ofrece en inglés) entre julio de 2016 y diciembre de 2022.

• **Comienzo de año estable:** en las últimas semanas de 2022, las tasas disminuyeron constantemente después de alcanzar un máximo de 7.08% en noviembre de 2022 (en inglés). El mayor error que pueden cometer los posibles compradores de vivienda es esperar e intentar encontrar el momento ideal del mercado. Es preferible pensar en sus propios plazos y en el momento en el que estará financieramente listo para comprar.

• **Compradores con más poder de decisión:** durante el auge del mercado hubo historias de compradores de vivienda que ofrecieron sumas enormes o hicieron numerosas concesiones. A medida que pasemos a un entorno más equilibrado entre compradores y vendedores, los compradores tendrán más tiempo para pensar y negociar, lo que hará que la experiencia de compra sea más manejable.

Estrategias de compra de vivienda para 2023

Los retos y oportunidades que presenta el entorno de la compra de una vivienda requerirán una planificación cuidadosa para aquellos que deseen comprar. Ya sea que en el 2023 se convierta en dueño de casa o compre su segunda casa, estas son algunas estrategias que podría considerar:

• **Aproveche las herramientas digitales:** ¿desea tener más comodidad y control sobre el financiamiento de la vivienda? Los recursos en línea (solo se ofrece en inglés) pueden guiarle a través del proceso hipotecario de principio a fin y evitar demoras, bien sea para verificar el estado de su préstamo o para enviar los documentos requeridos de manera electrónica. Incluso le proporcionarán una lista de tareas pendientes y el estado y los detalles de una solicitud de préstamo.

• **Muéstreles a los vendedores que puede cumplir con sus obligaciones financieras:** aunque obtenga ayuda adicional para el pago inicial o reciba más ingresos, realizar un pago inicial (oh enganche) más alto podría reducir la tasa de su hipoteca. Cada vez que pueda mostrarle al vendedor que se encuentra en una buena situación financiera, hágalo, ya que esto fortalecerá su oferta.

• **Pague puntos de descuento en su hipoteca:** los puntos hipotecarios, también conocidos como puntos de descuento, son cargos que paga a su prestamista durante el cierre para obtener una reducción en la tasa de interés de su préstamo. Quizás esta no sea la estrategia adecuada para todas las personas, pagar puntos de descuento en su hipoteca podría resultar en ahorros durante el plazo del préstamo. En general, mientras mayor sea el tiempo que sea propietario de la casa, más ahorrará usando puntos. También determine si tiene el dinero en efectivo disponible para comprar puntos por adelantado.

• **Infórmese sobre la ayuda para los costos iniciales:** incluso si un pago hipotecario mensual se ajusta a su panorama financiero, muchos compradores de casa podrían tener dificultades para ahorrar para el pago inicial y para los costos de cierre. Al reconocer que las reservas de dinero en efectivo son a menudo la mayor barrera para ser dueño de casa, Bank of America ofrece subvenciones de hasta $17,500 en ayuda para el pago inicial y los costos de cierre cuando se usan juntos, y no requieren reembolso. Además, el sitio web para el pago inicial Bank of America Down Payment Center (solo se ofrece en inglés) ayuda a los compradores de vivienda a encontrar programas estatales y locales de ayuda para el pago inicial y los costos de cierre en su área, y el sitio web de bienes raíces Bank of America Real Estate Center® (solo se ofrece en inglés) identifica las propiedades en venta en todo el país que califican para el subsidio para el pago inicial y los costos de cierre.

• **Tómese su tiempo:** por último, no se apresure, tómese el tiempo para mejorar su puntaje de crédito. Investigue las opciones que ofrecen los prestamistas y determine la cantidad que puede pagar cómodamente antes de comenzar.

Si bien comprar una casa hoy puede requerir un poco más de paciencia y persistencia, tomarse el tiempo para prepararse para lo que se avecina, comenzar con la mentalidad adecuada y aprovechar los recursos disponibles para usted pueden ponerlo en el camino hacia su próxima casa.

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Registration Now Open for the 9th Annual Small Business Workshop

This Year's theme is " "Navigating a Business during an Uncertain Economy" and will focus on exploring issues affecting growth during economic challenges.

The LEE Group (TLG) is pleased to announce it will be holding its Ninth Annual Small Business Workshop. It is being presented by Fifth Third Bank and will be held virtually, Wednesday, May 24, 8 a.m. – 1 p.m. ET, during Small Business Month and will focus on business recoverability and sustainability. The event is FREE for all registered attendees.

Attendees will hear from business experts, entrepreneurs, and community leaders who will discuss practical solutions needed as businesses continue to navigate economic uncertainties. The economy continues to be a key driver for businesses, small, medium, and large. With inflation, albeit slowing, and rumblings of a potential recession later this year, small businesses need to continue to adjust.

This year's event will explore issues confronting Detroit's small business community as they continue to navigate the ongoing challenges potentially impacting sustainability and growth. It will be a solutions-based event featuring speakers, panelists, workshop leaders and a "Fireside Chat".

The purpose of this year's workshop is to focus on re-establishing a strong foundation, strengthening the small business core with an eye on for the future. The objective is to identify practical solutions needed as businesses prepare economic cycles and potentially, an economy in flux.

This year's theme is: "Navigating a Business during an Uncertain Economy"

With the post-Covid re-emergence, surviving and thriving in the new world order – Everything is different than it was before COVID. However, there are ongoing challenges on the horizon.

And topics will include economic projections, its impact on small businesses overall prospects for the future and across the Detroit region and beyond. Questions to be addressed by speakers, panelists and participants include: how to continue to navigate a business post-Covid and with economic challenges on the horizon? Will there be a recession in '23? How do businesses continue to prepare for recoverability, sustainability, and growth?

"With Covid mostly in the rear-view mirror businesses must continue to look to the future," says Mark S. Lee, President & CEO of The LEE Group. "As business owners look ahead, it's important to understand there are potential economic challenges on the horizon. This year's event will focus on providing attendees with practical solutions."

Lee continues, "We thank Fifth Third Bank for their ongoing support as the presenting sponsor. Without their commitment, we would not be able to offer this valuable event now in its 9th year, which has now engaged nearly 1000 Detroit-area entrepreneurs. And we are pleased to announce this virtual event continues to be free."

"Small businesses are the engines that drive our economy and help make our communities thrive," says David Girodat, regional president, Fifth Third Bank. "We are pleased to support the Small Business Workshop, which continues to be a vital resource for small business entrepreneurs by providing expert advice and solutions for navigating the economic challenges in 2023 and beyond."

Sponsors for this year's event include Fifth Third Bank, Comcast Business, Detroit Development Fund, Build Institute, Nuvo Cabinets & Countertops, Michigan Women Forward, Tanner Friedman, Cindy Fletcher, State Farm Agent, the Detroit Free Press, Detroit Public TV, Latino Press and EL CENTRAL Hispanic News.

To register, please visit https://leegroupinnovation.com/2023-small-business-workshop-date/

Ninth Annual Small Business Workshop
presented by Fifth Third Bank

SAVE THE DATE & TIME
May 24th, 8:00 a.m. – 1 p.m. ET

"Navigating a Business during an Uncertain Economy"

The LEE Group (TLG) will be holding its Ninth Annual Small Business Workshop, May 24th, 2023, 8 a.m. to 1 p.m. ET. This year, the Small Business Workshop, presented by Fifth Third Bank, is FREE, virtual, and will focus on preparing your business for ongoing, challenging, uncertain economic times. ***Registration opens Monday, April 24th.***

The economy continues to be a key driver for small, medium, and large businesses. Attendees will hear from business experts, entrepreneurs, and community leaders who will discuss practical solutions needed as businesses continue to navigate economic uncertainties. With inflation, albeit slowing, and rumblings of a potential recession later this year, small businesses need to continue to adjust.

Speakers and panelists Include (with others being announced):

David Girodat
Regional President
Eastern Michigan
Fifth Third Bank

Tom Jalics
Chief Market Strategist
Fifth Third Bank

Juliana Perry
Vice President
Business Banking
Fifth Third Bank

Shenai Jackson
Program Director
Build Institute

Ray Waters
President
Detroit Development Fund

ENTRETE

Como una reina, Madison Anderson gana 'La Casa de los Famosos 3'

La noche de este lunes 24 de abril terminó 'La Casa de los Famosos 3' por Telemundo. Madison Anderson Berrios se impuso a Paty Navidad, siendo la elegida para llevarse a su hogar el premio de 200,000 dólares en efectivo. Revive cómo se vivió la final del reality show más visto de la televisión hispana, que mantuvo al filo del asiento a millones de televidentes de Costa a Costa.

Fueron 14 semanas de encierro, en la que los participantes estuvieron lejos de sus familias y seres queridos luchando por recibir, además de un jugoso premio, la consagración por parte del público, que fue el que decidió quién era su preferido.

En esta ocasión, Madison Anderson fue la ganadora de 'La Casa de los Famosos', que en sus anteriores ediciones tuvo como absolutas triunfadoras, primero, a Alicia Machado, ex Miss Universo venezolana, y luego, a la actriz mexicana Ivonne Montero.

Entre otras cuestiones, Madison cautivó al público hispano por la gracia y talento que en 2019 la llevó a coronarse como Miss Puerto Rico, país que considera su verdadero hogar y con el que siempre ha mantenido una honda relación, pese a que nació en suelo estadounidense.

Nuevamente, Héctor Sandarti y Jimena Gállego fueron los encargados de dirigir la transmisión de Telemundo, y una vez que la audiencia había emitido sus preferencias votando por quién era su famoso preferido, el resultado fue dicho.

Los tres candidatos para ganar el reality show fueron los mexicanos Pepe Gámez y Paty Navidad, actriz que se perfiló por semanas como una de las preferidas para ganar. Sin embargo, como toda una reina, Madison Anderson Berrios se convirtió en la ganadora de 'La Casa de

los Famosos' en su tercera edición.

La ex reina de belleza boricua portó un bello vestido rojo largo, sin mangas, con un escote triangular y un bello cinturón, la prenda contaba con una ligera cola en la parte de la falda, que dotaba al diseño de un glamour innegable. Para esta especial ocasión, la también modelo optó por peinar su rubia cabellera con ondas, llevando un maquillaje apto para la noche que tenía en los labios tono rubí a su protagonista.

Al darse a conocer a la ganadora de 'La Casa de los Famosos 3', Madison Anderson salió por la puerta para ser recibida entre aplausos por sus excompañeros del reality show, para expresar que fue "un honor" y "un privilegio" resultar avante.

En tanto, Sandarti y Gállego invitaron a pasar al frente a la madre, madrina y abuela de Madison Anderson, quien no pudo evitar romper en llanto. No te pierdas, a través de Telemundo, el próximo domingo 30 de abril el reencuentro de 'La Casa de los Famosos' y espera la cuarta temporada de este exitosos reality show.

Daniel Radcliffe, quien dio vida a Harry Potter, ya se convirtió en papá

El actor Daniel Radcliffe, quien dio vida al mago Harry Potter en la saga de películas homónima, y su novia Erin Darke, dieron la bienvenida a su primer bebé en total hermetismo, así lo confirmó un representante del histrión a 'E! News'.

Fue en marzo cuando el 'Daily Mail' dio a conocer la noticia con información obtenida por una fuente cercana a Radcliffe, "Se lo contaron a sus familias y amigos recientemente. Es un momento muy emocionante. Ellos están absolutamente entusiasmados de convertirse en una familia de tres".

El nacimiento del bebé lo difundió el diario británico por medio de unas fotos en las que se ve a Radcliffe, de 33 años, caminando y empujando una carriola junto con Darke, de 38, en la ciudad de Nueva York.

Hace un año, Daniel dijo a 'Newsweek' qué era lo que como padre querría para su descendencia, "Quiero que mis hijos, si existen y cuando existan, estuvieran cerca de los escenarios de películas, pero no querría la fama para ellos. Los platós de cine son lugares maravillosos, pero es realmente el lado de la fama lo que debe evitarse a toda costa".

Esto debido a fue un factor que a él lo abrumó y lo empujó al alcoholismo, "En mi caso, la forma más rápida de olvidar que estaba siendo analizado en todo momento por todo el mundo era estar muy borracho. Y cuando estás borracho, piensas, 'Oh, la gente me mira aún más, pero es porque estoy tan borracho, así que tal vez debería beber más para ignorarlos aún más'. No hay forma de salir de eso cuando empiezas tan joven".

Radcliffe y Darke se conocieron en el 2013 cuando fueron parte del elenco de la cinta 'Kill Your Darlings' dirigida por John Krokidas, en la que él interpretó al poeta de

la generación beat, Allen Ginsberg y ambos tenían una escena de sexo.

Sobre ello bromeó en una entrevista con 'People' de 2019, "Será una gran historia para contarles a nuestros hijos algún día, por lo que hacen nuestros personajes entre ellos".

Su relación se ha mantenido alejada de los reflectores mediáticos, pero cuando el actor ha hablado de su pareja, siempre demuestra el gran amor que le tiene, "Hacer las cosas más mundanas con ella, como simplemente ir de compras, es un placer. Es divertido. Nunca pensé que ir al supermercado sería una experiencia tan divertida, y estoy seguro de que suena muy triste".

"Pero es la alegría que esa persona puede aportar a esas actividades que, si ella no estuviera, serían un aburrimiento. Es el hecho de que esté allí es lo que las hace increíbles", dijo a 'People'.

Luego en una entrevista con la 'BBC' detalló, "Crecí haciendo muchas cosas que me hacían pensar, 'Esto es muy raro. Nunca seré capaz de hacer esto con una chica'. Pero eso es lo maravilloso del momento en el que encuentras a la persona con la que se supone que debes estar. Puedo hacer todas estas cosas y a ella no le importa".

ENTRETENIMIENTO

Meghan Markle apareció de sorpresa en una TED Talks con un radical cambio de look

Meghan Markle reapareció de sorpresa, pocas horas después de desmentir los rumores sobre su ausencia en la coronación del rey Charles III, en una TED Talks y con un sorprendente cambio de look.

Lo hizo de forma virtual con un video para presentar a su amigo, el fotógrafo Misan Harriman, "Su cámara ha fotografiado todo. Desde eventos que han cambiado el mundo, momentos invisibles que todos necesitábamos ver desesperadamente, junto con algunos de los más reconocibles del planeta", indicó Meghan.

"He experimentado su talento de primera mano, ya que ha capturado muchos hitos significativos para mí y mi familia, y sé que hay muchos otros que comparten esta experiencia", continuó la esposa del príncipe Harry.

En la grabación, Markle luce una melena muy lisa en un tono castaño más claro de lo habitual con un peinado con raya en medio y cortado en capas con los mechones delanteros desfilados. En cuanto al maquillaje, se le vio una piel reluciente, los labios pintados de color rosa a juego con las sombras de sus ojos y un vestido de color nude.

Más tarde, Meghan Markle apareció junto con Harry en el partido de básquetbol entre los Lakers y los Memphis Grizzlies de la NBA. Para la salida cambió un poco su peinado ya que las puntas de su cabellera llevaban unas ondas grandes.

Para la ocasión vistió un conjunto de dos piezas de lino formado por una blazer y unas bermudas de color rosa de la firma Staud. Bajo la chaqueta llevó una camisa blanca y utilizó unos zapatos de salón de tono nude de Aquazzura.

Durante el juego ocurrió un momento muy gracioso pues la pareja fue enfocada por la kiss cam, por lo que el público comenzó a vitorearlos y aplaudir para que se dieran un beso, sin embargo, eso

no ocurrió.

En las imágenes se puede observar que cuando descubrieron que estaban en la pantalla, ambos sonríen y saludan, enseguida Harry se inclina hacia ella, pero Meghan lo detiene poniendo su mano sobre el brazo de él.

Todo esto ocurre tan solo unos días antes de que el príncipe Harry viaje a Londres para la coronación de su padre, el rey Charles III, sin la compañía de Markle, quien permanecerá en su hogar en California para celebrar el cumpleaños de su hijo Archie.

La ausencia de Meghan ha generado varios rumores, por lo que ella misma aclaró todo por medio de un comunicado: "La duquesa de Sussex vive su vida en el presente, sin pensar en la correspondencia de hace dos años relacionada con las conversaciones de hace cuatro años. Cualquier sugerencia de lo contrario es falsa y francamente ridícula. Alentamos a los medios de comunicación sensacionalistas y varios corresponsales reales a detener el circo agotador que solo ellos están creando".

Matthew Perry quiere disculparse personalmente con Keanu Reeves: "Dije una estupidez"

Matthew Perry, estrella de la serie 'Friends', le pidió disculpas a Keanu Reeves, quien hace poco confesó que confesó que le "hirió la cabeza" a un hombre durante la filmación de 'John Wick', luego de que en su libro llamado 'Friends, Lovers, and the Big Terrible Thing' hiciera uno desagradables comentarios sobre él.

En uno de los pasajes, Perry reflexiona, "¿Por qué es que pensadores originales como River Phoenix y Heath Ledger mueren, pero Keanu Reeves sigue caminando entre nosotros? River era un hombre hermoso por dentro y por fuera y resultó ser demasiado hermoso para este mundo. Siempre parece que son los chicos realmente talentosos los que caen".

Pero no fue la única vez en la que lo mencionó, pues cuando habló de la muerte de su amigo Chris Farley, comentó, "Hice un agujero en la pared del camerino de Jennifer Aniston cuando me enteré. Reeves sigue caminando entre nosotros".

Más tarde, cuestionado por 'People', lamentó lo que escribió, "En realidad soy un gran fan de Keanu. Solo elegí un nombre al azar. Reconozco mi error. Me disculpo. Debería haber utilizado mi propio nombre en su lugar".

Reeves no se pronunció directamente sobre el tema, pero una fuente cercana a él comentó a Us Weekly, "Keanu pensó que los comentarios salieron del campo izquierdo. De todos modos, a Matthew le ha salido el tiro por la culata, y por eso ha tenido que disculparse".

Pero Matthew continúa arrepentido, ya que en su presentación en Los Angeles Times Festival of Books del 22 de abril,

comentó, "Dije una estupidez. Fue algo malo. Saqué su nombre porque vivo en la misma calle. Me disculpé públicamente con él. Cualquier versión futura del libro no tendrá su nombre".

"Si me encuentro con el tipo, me disculparé. Fue una estupidez", reiteró el acto y aseveró que el sentido del libro no era lanzarse en contra de alguien.

Matthew continuó, "He estado en terapia desde que tenía 18 años. Quería asegurarme de que este no fuera el tipo de libro en el que culpo a las personas por las cosas que hice mal. Hay que darles crédito por las cosas que me hicieron bien".

Finamente dijo que le gustaría ser recordado "como un tipo que vivió la vida, amó bien, vivió bien y ayudó a la gente. Encontrarme fue algo bueno y no algo malo".

Shields vs Gabriels Rematch in Detroit !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Claressa Shields and Hanna Gabriels will rematch, at the Little Caesars Arena, on Saturday, June 3rd. The event starts at 6:00 pm.

For tickets please visit; 313presents.com or ticketmaster.com

This past Tuesday, Claressa Shields and Hanna Gabriels, held a press conference at the Little Caesars Arena (LCA), in preparation for the big rematch in June.

Claressa Shields is promoted by Dmitriy Salita of Salita Promotions.

Hanna Gabriels is from Costa Rica, and is the first and only boxer to have ever knocked Claressa Shields down.

Along with this boxing event, the Xtreme Fighting Championships (XFC) will bring MMA to Wayne State University, on June 2nd.

Photos by: Dan Graschuck/ EL CENTRAL

Photos below are highlights from the press conference between Shields and Gabriels at LCA

Fans and press interact with Claresssa Shields and Hanna Gabriels at LCA

(L-R) Mark Taffet (Claressa Shields manager), Claressa "GOAT" Shields, Dmitriy Salita (Salita Promotions), Hanna Gabriels, and Hector Fernandez (Hanna Gabriels manager)

(L-R) Hilmer Kenty (former World Champion), Claressa Shields, Jackie Kallen (Pro boxing manager), and Tommy Hearns (former World Champion)

Hanna Gabriels, talks with fans and autographs poster during press conference at LCA

Claressa Shields and Hanna Gabriels staredown, with Promoter Dmitriy Salita of Salita Promotions (in center) during press conference at LCA

Claressa Shields, during press conference at LCA

Claressa Shields, talks with media during press conference at LCA

Photos by: Dan Graschuck/ EL CENTRAL

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

Nowehere To Go But Up

David Levine
EL CENTRAL

Detroit City has found itself in an unusual spot: rock bottom. Last place. The cellar. However, it is described, this is a shocking, new low for the club. They have now gone five complete league games without scoring a goal. That would be relegation form if such a thing existed in the United States. How has it become this bad? Last year at this time, the club was off to a flying start, near the top of the Eastern Conference and thinking about playoff games and perhaps challenging the top teams for a trophy after waltzing through NISA. Reality has bitten in a big way this year.

There are budget limitations, of course. The club has worked hard to keep ticket prices affordable, which in addition to playing in a old stadium with few amenities keeps income modest. A modest income means they cannot pay bigger salaries like the top clubs in the league. Louisville City, San Antonio, and other top teams with bigger budgets are going to be able to load up their squads with good players who remain on the bench. So, DCFC has to find a better way. For their inaugural season in the USL, Trevor James kept a strong core together and recruited as best he could from NISA, USL League One, and even the Championship. Those players came together and played above their level long enough to ensure a playoff spot. The signs of trouble starting in midsummer when injuries cut into the depth and the goals dried up as teams figured out the DCFC system. Winning at home, even with the great support of the fans at Keyworth, became a struggle. Points were dropped frequently from winning positions when the team couldn't find a killer goal to finish off their opponents.

They have gone from not finding a killer goal to not finding any goals. Other than the brief three goal outburst in El Paso, it's been goose-eggs. The defense has held up due in large part to the brilliance of Nate Steinwascher. The club welcomed Devon Amoo-Mensah back from a torn ACL just as his regular partners Matt Lewis and Stephen Carroll exited with injuries. Still, they keep losing games 1-0. All five losses this year have the same result. The 0-0 draw in Miami broke the losing streak, but did very little in terms of the league table.

If defending isn't what put DCFC into the basement, then it is clearly the attack, or lack thereof. The new signings haven't offered much yet. Skage Simonsen is strong on the ball, but hasn't connected with with teammates in the buildups yet. He lacks the quickness to beat defenders one-on-one and has been unable to create his own shots. Yazeed Mathews, finally with the team full time after a frustrating 2022, is a muscular forward, but has found few openings to get any shots away. Crosses for the two big men to chase have been few and far between. Ben Morris doesn't look up to the level of the Championship. As a former England youth international, more would have been expected. Injuries have hampered his career the past few years, but he has missed a couple of critical shooting opportunities recently with the team in dire need of goals. None of the main three forwards has great speed either. How long will Trevor James continue to play his unproductive forwards before looking elsewhere for solutions?

In the forwards favor, they haven't been given many chances to finish. The midfield hasn't been able to find many defense-splitting passes or been able to break the lines of their opponents. Maxi Rodriguez's late runs to latch on to crosses, pull-backs, and unseen chances that suddenly opened up have been entirely absent. New signings Tommy McCabe, Richard Ballard, and Adrian Billhardt haven't been able to add much creativity either. Connor Rutz has been moved around within the changing formations and has yet to assert himself.

It's been poor so far. This isn't what the supporters have come to expect. This week, DCFC faces Minnesota United of MLS in the US Open Cup before hosting the team immediately above them in the table, the Tampa Bay Rowdies. The Cup game has little pressure, because a win would be a massive result and a loss is expected. The league game, against another struggling team, is a must win. DCFC has to get a win or risk losing touch with teams near them in the table. It's not too late to turn the season around, but every 1-0 defeat represents a lost opportunity.

Lucha Coming to Detroit !!!

EDITORIAL OPINION

"You can't fire me, I quit"

By Raoul Lowery Contreras

I used to listen to Rush Limbaugh. In one of his shows he bragged about being fired 7 times in his radio career until his national talk show exploded. He said you weren't a real radio vet until you were fired several times.

I wonder if Tucker Carlson ever heard Limbaugh's theory of being fired. If he did, he apparently didn't pay attention.

When I was hired to do a radio talk show on KOGO AM-600 in San Diego, I kept Limbaugh's comment in mind every show I did.

Being the first Mexican American talk show host in San Diego I thought I might escape being fired, much less seven times.

As it turns out, I first saw Tucker on CNN. After that I saw him on MSNBC. Then he popped up on Fox News (where I was busy writing regular columns for Fox Latino).

At a $1000-a-plate breakfast for Presidential candidate Governor George W. Bush that I was covering for the then North County Times (now San Diego Union), I walked out of the restroom to find the TV Tucker I had watched for several years walk by. I stopped him, ID'd myself and had a very pleasant conversation with the young man I had seen so many times and almost to the comma had agreed with him on almost everything.

Just then, San Diego's former Mayor, Roger Hedgecock, walked by and I called him over to introduce him to Tucker. As they were shaking hands, Tucker said he had never had the pleasure of meeting the former mayor but he certainly knew who he was. It turns out that Tucker had grown up in San Diego and was the son of Richard Carlson, vice President of Great American Savings and Loan and former journalist who ran for Mayor after Hedgecock was indicted on 13 felony counts of campaign statement perjury.

Hedgecock destroyed Carlson in the election despite pending trials.

But, Hedgecock and I were shocked because we had no idea Tucker was Richard's son. We both knew Richard well.

Back to Tucker's career. As noted, I agreed with almost every political statement he made on CNN, MSNBC and Fox News. Until, that is, Bill O'Reilly, Fox's number one commentator who chewed up any competition CNN or MSNBC tried against him. Until, that is, O'Reilly chased too many skirts at FOX. He was dumped and Tucker was hired.

Within a short time, Tucker's ratings hit sky-high numbers. But he was different from the guy I shared so many political positions with; he was suddenly an ultra-right anti-immigrant, fascistic, authoritarian man with views not unlike influential American poet Ezra Pound who idolized Adolf Hitler and Benito Mussolini. He was the opposite to me and my views. I quit watching him.

Nonetheless, his audience grew along with his President's popularity, President Trump.

When Trump lost the 2020 election, Tucker not only joined the election denial clique, he led it with totally false claims that he declared to be totally true facts. They weren't, they were lies and now we know he knew that. Nonetheless, he led the ignorant Trump peasantry by dumping and hiding the truth.

The truth is that Tucker lied through the entire Trump era and about Trump himself. Tucker wrote a text telling the reader he despised Trump and couldn't wait for him to fade away so Tucker wouldn't have to mention his name again. He demanded a fact-checking reporter be fired by Fox because her work was bad for ratings and business.

He signed off last Friday's show with a normal see you later routine eating a slice of pizza.

Today (April 24) Fox announced that by "mutual agreement" Tucker's last show was on Friday, the 21st.

We may never know if Tucker even knew he was fired unless he tells us. Fox, by firing Tucker and apparently notifying him by text, isn't saying whether Tucker's damning texts and emails critical to the FOX loss of three quarters of a billion dollars had anything to do with Tucker's firing. We may never know.

In my case, the KOGO program director called me in and told me that because the station had signed a long term deal to broadcast the San Diego Padres baseball games, there weren't enough hours for my show. He then gave me a couple of weeks to do my show and all he asked was that I didn't knock the station or the network in my final shows.

I'll bet Tucker wishes he had been offered the same graceful exit. Such grace was denied Tucker. LOL!

Opinions in this column are not necessarily those of the Publisher or Editor

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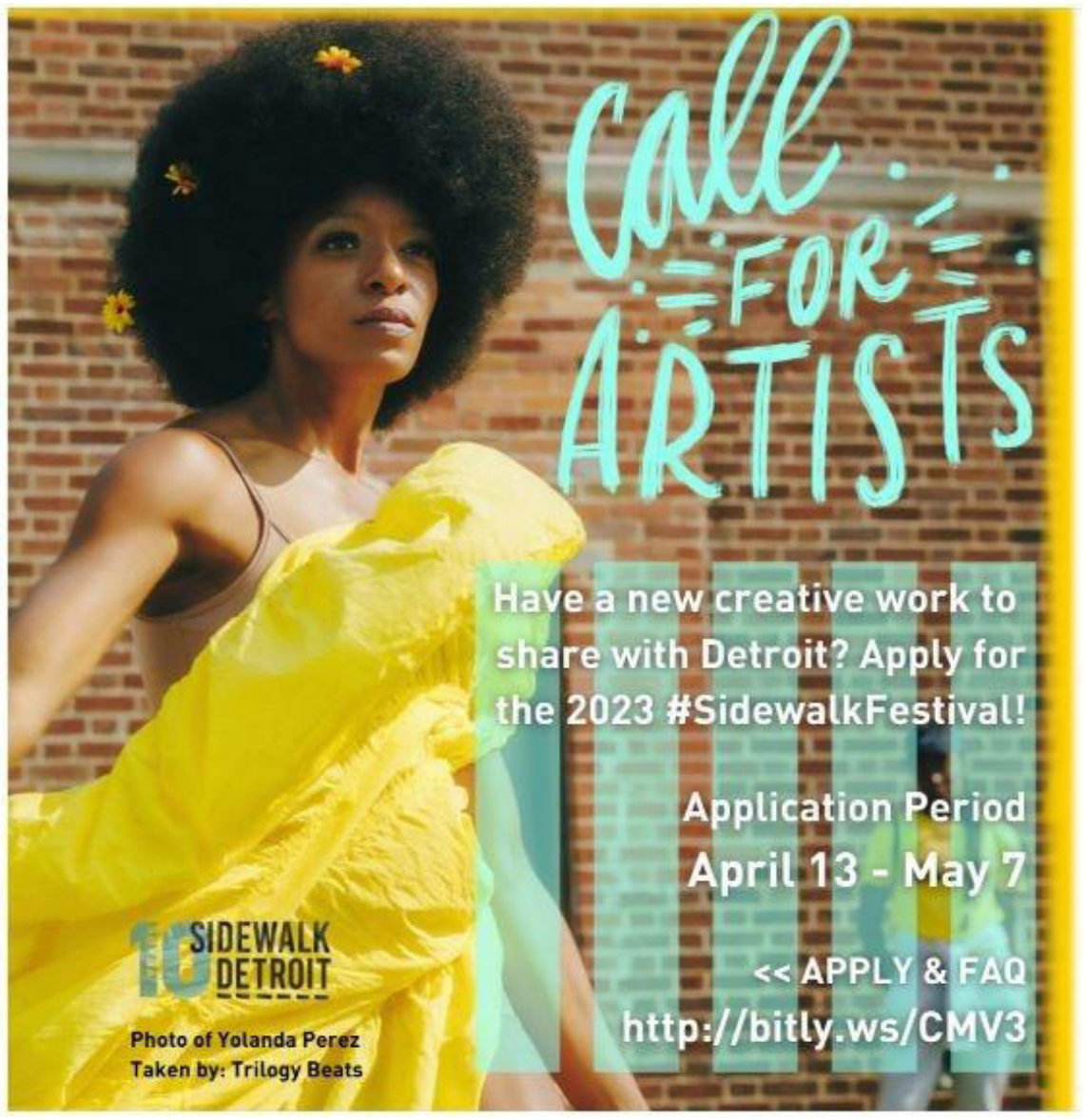

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Inspiring Quote of the Week !!!

"One sees great things from the valley; only small things from the peak."

- G.K. Chesterton

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Salud/*Health*

Foot and Ankle Safety Tips for the Summer Months

(StatePoint) From the beach to the backyard, taking care of your feet and ankles in summer is essential.

"Nothing ruins summer fun faster than a problem with your feet. However, a few smart precautions can help keep you healthy and safe," says Gretchen Lawrence, DPM, AACFAS, a board-certified foot and ankle surgeon and an associate member of the American College of Foot and Ankle Surgeons (ACFAS).

To help you understand some of the most common summer risks to feet and how to avoid them, ACFAS is sharing these insights:

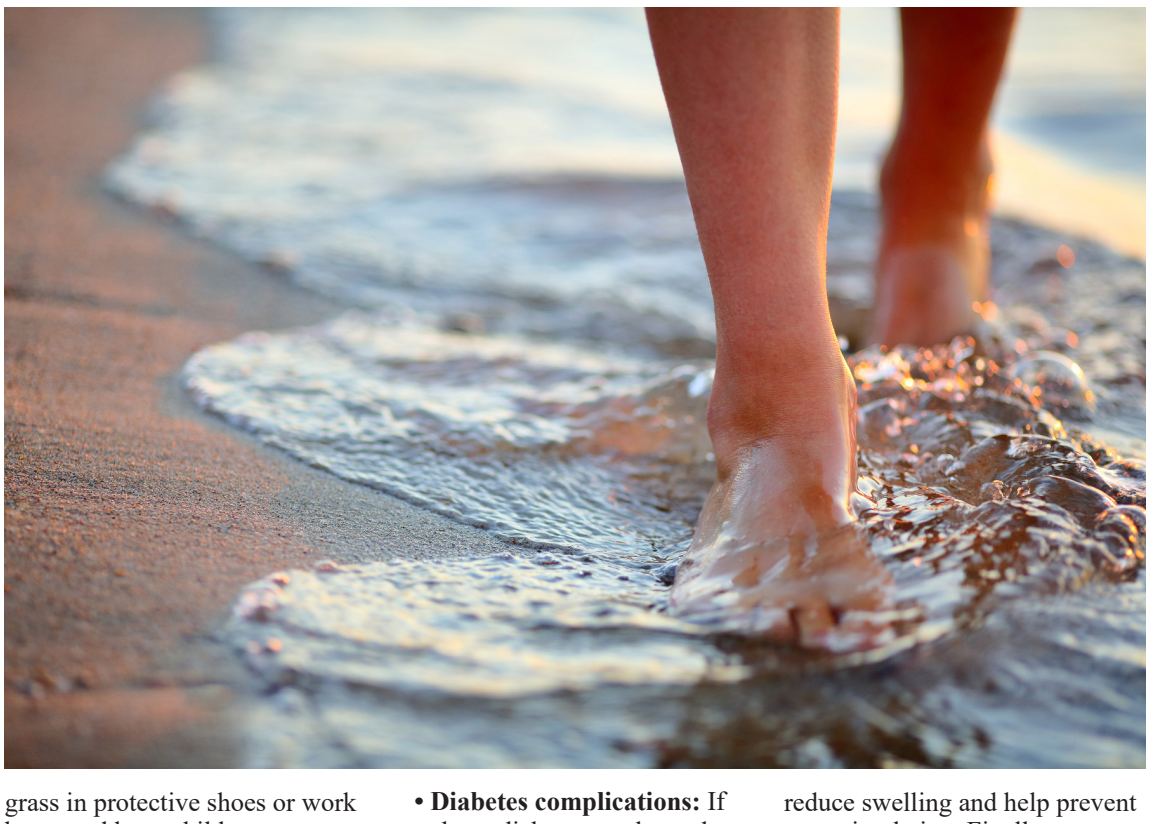
• **Puncture wounds:** Millions of Americans go barefoot every summer, and thousands will sustain cuts and puncture wounds. To prevent injury and infection, wear shoes whenever possible and get vaccinated against tetanus. If you do get a puncture wound, see a foot and ankle surgeon within 24 hours and don't swim until it's healed. Bacteria in oceans and lakes can cause infection.

• **Pool problems:** Always wear flip flops or other footwear in locker rooms and on pool decks to prevent contact with bacteria and viruses that can cause athlete's foot, plantar warts and other problems.

• **Sun damage and skin cancer:** Don't overlook your feet during your sun protection routine. Feet get sunburned too, and melanoma on the foot or ankle is more likely to be misdiagnosed than on any other part of the body. A study published in "The Journal of Foot & Ankle Surgery" reported the overall survival rate for melanoma of the foot or ankle is just 52%, in sharp contrast to the 85% survival rate for melanomas on other areas of the body. Apply sunscreen to the tops and bottoms of feet and limit sun exposure. Dr. Lawrence notes, "If you spot abnormal moles or pigmented skin, including under toenails, visit a foot and ankle surgeon. Early detection and treatment could save your life."

• **Pains and sprains:** Summer sports can lead to arch pain, heel pain, ankle sprains and other injuries. Proper footwear with heel cushioning and arch support is essential, particularly on uneven surfaces, such as sandy beaches or hiking trails. If injury occurs, use the RICE approach: rest, ice, compression and elevation to ease pain and swelling. Any injury that doesn't resolve within a few days should be examined by a foot and ankle surgeon.

• **Mower risks:** Some 25,000 Americans sustain injuries from power mowers annually, according to the U.S. Consumer Products Safety Commission. Many of these injuries are preventable. Always cut the



grass in protective shoes or work boots and keep children away during this chore. Never mow a wet lawn or pull the mower backward, and always mow across slopes, not up or down them.

• **Travel concerns:** Sitting for long stretches can increase the risk of dangerous blood clots. "Whether road tripping or flying, regularly stretch your legs and pump your feet to circulate blood. Wearing compression socks for longer travel is also a good idea," says Dr. Lawrence.

• **Diabetes complications:** If you have diabetes, prolonged hot and humid weather can lead to numerous foot woes. Any type of skin break has the potential to get infected if it isn't noticed right away, and exposure can cause dry, cracking skin. Inspect your feet daily and wear closed shoes whenever possible. Swelling is another hot-weather risk, potentially making shoes fit tighter which can cause blisters. Compression stockings may not sound appealing in hot temperatures, but they can reduce swelling and help prevent poor circulation. Finally, never go barefoot in summer. Impaired nerve sensation can make it hard to detect just how hot surfaces are. Just a few minutes walking barefoot on pavement to grab the newspaper can cause third-degree burns.

For more information and to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website for the American College of Foot and Ankle Surgeons.

Conozca los primeros signos de advertencia de la EPOC

StatePoint) La enfermedad pulmonar obstructiva crónica (EPOC) es una afección pulmonar a largo plazo que dificulta la respiración. Es una de las principales causas de discapacidad y muerte en los Estados Unidos, donde más de 12.5 millones de personas han sido diagnosticadas con ella y millones más pueden tenerla sin siquiera saberlo. Si bien no hay cura, conocer los signos de advertencia temprana de la EPOC puede llevar a un tratamiento más temprano y puede evitar su progresión.

La American Lung Association, financiada con el apoyo de los Centros para el Control y la Prevención de Enfermedades, comparte las siguientes ideas para ayudar a los estadounidenses a reconocer las señales de advertencia de la EPOC y tomar medidas:

Señales de alerta temprana de la EPOC

No todas las personas tienen los mismos síntomas de la EPOC, pero algunos de los signos y síntomas de advertencia temprana más comunes pueden incluir dificultad para respirar, tos que puede producir moco o flema, opresión en el pecho, fatiga e infecciones pulmonares recurrentes. Las personas pueden pensar que estos síntomas se deben al envejecimiento, a fumar o a estar fuera de forma y volverse menos activos para evitar experimentarlos. Estos signos y síntomas no deben ignorarse. Hable con su proveedor de atención médica si experimenta alguno de estos síntomas y comente cualquier actividad que esté evitando debido a dificultades respiratorias.

Factores de riesgo y diagnóstico

Cualquier persona puede desarrollar EPOC, pero las personas de 40 años o más y las que fuman o solían fumar tienen un mayor riesgo. Fumar cigarrillos es la causa principal de EPOC; sin embargo, 1 de cada 4 personas que nunca fumaron cigarrillos. El humo de segunda mano, la contaminación del aire, la exposición al polvo, los humos y los productos químicos en el lugar de trabajo, y una afección genética llamada deficiencia de alfa-1 antitripsina (AATD) también son causas y factores de riesgo para la EPOC.

A menudo se diagnostica a las personas en etapas posteriores de la EPOC cuando la enfermedad ha avanzado porque retrasaron compartir sus primeros síntomas con su proveedor de atención médica. Todas las personas con factores de riesgo y quienes experimentan signos de advertencia temprana deben hablar con su proveedor de atención médica sobre cualquier problema respiratorio. Es especialmente importante que las mujeres lo hagan. Debido a que la EPOC ha sido históricamente considerada como una "enfermedad de hombres" o una "enfermedad de personas mayores", las mujeres a veces son diagnosticadas erróneamente o reciben un diagnóstico tardío. Pero, en general, más mujeres que hombres se ven afectadas por la

EPOC y la tasa de mortalidad es mayor en las mujeres. Además, las mujeres tienden a desarrollar la enfermedad a una edad más temprana.

Para diagnosticar la EPOC, el proveedor de atención médica evaluará los síntomas, reunirá una historia clínica completa, realizará un examen de salud y llevará a cabo una prueba de función pulmonar llamada espirometría. Los resultados de la prueba de espirometría pueden determinar si usted tiene EPOC.

Cambios en el estilo de vida

Además del tratamiento, algunos cambios en el estilo de vida pueden marcar la diferencia, como lo saben de primera mano los pacientes que viven con EPOC. Después de ser diagnosticado con EPOC en etapa 2 a raíz de una infección por COVID-19, Bob F. se asoció con su médico y comenzó a controlar su respiración en casa y se inclinó hacia el ejercicio. Su arduo trabajo ha dado sus frutos, con su última prueba de función pulmonar mostrando que la enfermedad no ha avanzado y que está en mejor forma general que antes.

"La mayoría de los consejos que debe seguir no son diferentes de lo que los médicos nos dicen a todos. Coma bien, haga ejercicio, duerma, beba mucha agua, controle su peso y no fume. Si hace estas cosas, puede retrasar la progresión de su EPOC", dice Bob.

Pero, no debe esperar hasta tener un diagnóstico de EPOC para hacer estos cambios. Los cambios en el estilo de vida, como dejar de fumar, evitar el humo de segunda mano y reducir su exposición a la contaminación del aire, pueden reducir su riesgo de desarrollar EPOC. Si experimenta dificultades para respirar u otros síntomas respiratorios, no tarde en hablar sobre sus síntomas o factores de riesgo de EPOC con su proveedor de atención médica. Para obtener más información sobre la EPOC, visite Lung.org/COPD.

Free Prix Day Returns at the Detroit Grand Prix

On Friday, June 2, Comerica Bank will once again support a tradition that began with the very first Detroit Grand Prix in 1982. Comerica Bank Free Prix Day will return to the Chevrolet Detroit Grand Prix presented by Lear in 2023, providing an even deeper level of access for fans to experience the thrills and excitement of the Grand Prix for FREE on the opening day of the event's new home on the Streets of Downtown Detroit.

This marks the 10th year of Comerica Bank supporting Free Prix Day and giving fans the opportunity to experience all the racing, activities and excitement of the Grand Prix as it enters a new era in 2023. Visitors to this summer's Grand Prix will have access to more than half of the event's footprint for free throughout the June 2-4 weekend. On Comerica Bank Free Prix Day, fans will be able to watch the on-track action in grandstands 1 and 9 free of charge. Seating in these two grandstands will be general admission and available on a first-come, first-seated basis. Paddock access is not included with Free Prix Day seating and no tickets will be required to sit in either grandstand on Free Prix Day, courtesy of Comerica Bank.

The return of Comerica Bank Free Prix Day extends the tradition that began with the very first Grand Prix event held on the Streets of Downtown Detroit. Since that first event in 1982, each year that the Grand Prix has been hosted in Detroit has featured free access for fans on the first day of on-track action, in a tradition that has become truly unique to the Motor City.

"Thanks to our partners at Comerica Bank, we are so proud to carry on the tradition of Free Prix Day at the Chevrolet Detroit Grand Prix presented by Lear," said Michael Montri, President of the Chevrolet Detroit Grand Prix presented by Lear. "As the Grand Prix returns to its original home on the Streets of Downtown Detroit this summer, we are creating more ways for everyone to experience this event with over half of the circuit open and accessible for free. On Comerica Bank Free Prix Day, we'll take that experience to the next level for fans with great viewing available in two of our grandstands completely free of charge."

To celebrate the return of Free Prix Day in 2023, Comerica Bank and the Grand Prix will host a virtual engagement on Tuesday, April 25th with more than 10 Southeastern Michigan high schools and community groups focused on motorsports and career opportunities in racing. The students had the opportunity to connect with a number of Grand Prix-related guests, including three-time W Series Champion (women's international racing series) and current INDY NXT by Firestone driver for Andretti Autosport Jamie Chadwick and USF Pro 2000 presented by Cooper Tires championship leader Myles Rowe of Pabst Racing who competes under the minority-led Force Indy race team banner. The students also learned about running a race team from Force Indy team principal Rod Reid, who talked about the Nexgeneracers (NXG) karting and life skills youth development program that expanded to Detroit in 2021 and continues to grow locally.

"With the return to the Downtown streets, the Detroit Grand Prix has furthered its dedication to connect one of Detroit's signature events to fans and families across Metro Detroit," said Steve Davis, Comerica Bank Michigan Market President. "We are honored to once again partner with the Grand Prix to provide free, unique access to Free Prix Day while impacting the youth of our community through STEM-focused engagements."

The on-track action on Comerica Bank Free Prix Day will feature all four series competing at the Grand Prix. The NTT INDYCAR SERIES will host practice as they prepare for the Chevrolet INDYCAR Grand Prix on Sunday afternoon, while the IMSA Michelin Pilot Challenge will feature practice and qualifying for Saturday's Chevrolet Detroit Sports Car Classic. The rising stars of INDY NXT by Firestone will be on track for practice and qualifying while the Trans Am Series presented by Pirelli will also turn its first laps on the new 1.7-mile, nine-turn race course with two practice sessions.

For more information on Comerica Bank Free Prix Day, and to purchase tickets for Saturday and Sunday at the Grand Prix, visit www.DetroitGP.com or call 866-464-7749 (PRIX).

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(Photos above) previous Chevrolet Detroit Grand Prix at Belle Isle. Photos provided Detroit Grand Prix

20023 Chevrolet Detroit Grand Prix map. Photo provided Detroit Grand Prix

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